

Mass In Motion 10/7/09

Assets and Needs

What does a healthy Fitchburg look like? Here is what you had to say:

Environment

A clean city with neighborhood involvement
Well maintained sidewalks
Good lighting
Walkable neighborhoods
Vibrant Downtown (Enhanced with Arts)
Safe places for recreation all times of the day
Enjoying the Natural Resources
Safe routes to school
Land preservation to create healthy community
Utilize farmland at High School for programming
Multi use of City buildings

Food and Nutrition

Community Gardens for all ages (raised beds for elders)
Small stores on Main Street that have healthy food options
More vegetable availability
Healthy foods with no preservatives
Having many farmers markets
Family involvement in food and fitness
Compost-Recycling –soil enrichment

Physical Activity

Utilized trails behind Burbank Hospital
Encourage the use of bikes
Increased use of parks
Family involvement in food and fitness
Connecting youth to Arts and Exercise
Walking around public housing
Get the “less active” kids involved

Community/Schools

Youth involvement-Advocacy
Increase self esteem, teach high aspirations
Address Mental Health issues
Mandatory Health classes in schools
Heightened value of education and secondary education
Partnering with Churches
Multi-Cultural rising of community awareness
Bridge different groups/neighborhoods